GOOD NEWS FOR HOMEMAKERS

Shirley W. Walton
Extension Agent

Home Safety For The Geriatric Set

Statistics show a disproportionate share of accidents leading to the injury of older people. The U. S. Department of Health, Education and Welfare cites that the sense of balance alters somewhat and the need to step more cautiously and run less frequently are important safety considerations for the elderly. Here are some others:

Take your time . . . Don't rush for anything. Tell friends who may phone to allow enough rings for you to answer without hurrying. "Popping out of bed," getting up too quickly from a chair and trying to carry too many things at once are also "hurry up" situations that can and have caused falls.

Room arrangements . . . The home should be safety-geared. Plan room arrangements so traffic lanes are clear. If scatter rugs are used, be sure they have non-skid backing and are laundered frequently to retain this feature. Also, meand any frayed spots on carpets or rugs, to prevent tripping. Make sure stairways are clutter-free. Close drawers and cabinet doors to avoid bumps and bruises. Don't lift heavy furnishings or try to move them about; seek assistance. Have someone help in rearranging kitchen utensils, food supplies, cleaning products, linens for easier access.

Lighting . . . Don't walk around in the dark. Be sure there is nearly light source at entrances to rooms and stairways; use handrails. Night lights are advisable in the bedroom, bath and hallways. Eyes do not adjust quickly from darkness to light or the reverse. Therefore, wait until vision is clear to proceed.

In the kitchen . . . Work carefully. It is easier and less tiring to assemble needed items before starting to cook or clean up. Be sure there is adequate light. Promptly wash and dry floor areas spattered with grease or where food or liquid has spilled. A slippery floor is an invitaiton to a fall.

When cooking, avoid wearing wide sleeves or trailing sashes; such clothing may catch on pots and pans or ignite from burners. Turn pot handles toward the center of the range. Protect hands and wrists with heat-resistant, well - padded mitts and potholders. Be sure grip is firm before lifting cooking utensils containing hot food or liquid. Always raise pan lids away from face and hands to avoid escaping steam. Eyeglass wearers should stand to the side or avert the face when opening the door of a hot oven. This way, the heat that is emitted in the first few minutes can't fog glasses. Be sure both large and small appliances are in good working order.

For hand washing, handle dishes and glassware piece by piece to avoid breakage. If grip is not strong, wear protective rubber gloves which offer some skid-reistance. Should anything break, drain away water before removing broken pieces from the sink or pan. Use a damp towel to pick up bits of china or glass.

Take care when using knives and select the proper size for the job. It is wise to store separately, away from other utensils; a hanging rack is helpful. Do not place sharp knives in a sink or dishpan of sudsy water, you may be cut. Wash each piece individually. When washing and drying, keep the sharp edge way from the hand.

In the bathroom . . . A relaxing tub bath or tingling shower is a daily pleasure. However, the bathroom is also a source of potential problems. Consider the use of safety devices to minimize accidents.

If tub or shower stall does not have a built-in slip - resistant surface, there are adhesive - backed strips that are decorative as well as functional. Or use a tub mat. Install hand grips as an aid to getting in and out. A hand grip by the toilet may also be worthwhile.

Assemble grooming supplies beforehand. Be sure holders for soap and other grooming supplies are placed within easy reach. Groping for a face towel or washcloth after lathering up can cause accidents. Avoid using breakable tumblers. Soap dishes and other accessories.

Use electrical grooming aids with caution and always follow the instructions. Remember, original containers and never mix different tablets or capsules. Keep external and internal medications separate. As added protection, place a distinctive, bold marking on those for external use only. Keep those products used regularly in an accessible spot. Take medication in a well-lit room; always read a label carefully before using a medicine.

Reaching . . . If climbing is necessary, be sure a ladder or step-stool is sturdy, well balanced. Do not reach more than half an arm's length to fix, paint, pick up or put away an object.

Prevent Fires . . . Be especially careful about smoking. Use large ashtrays and be sure sparks are out. Keep electrical cords in good repair and out of tripping way. Keep working flashlights on hand and use them instead of matches, lighters or candles if it is necessary to look for something in a darkened area, such as closets or cabinets. Plan one or two escape routes from your room or home in case of a fire. Practice using them. Have telephone numbers on hand - - police, fire department, doctor, rescue squad, utility company - - in case of an emergency or illness.

RECIPE OF THE WEEK
Caramels

½ # butter
4½ C. white sugar
1 can evaporated milk (13 oz.)
1 pint white corn syrup
Put butter, corn syrup and sugar in a heavy saucepan. Wet down with some of milk and stir. Add ½ milk and cook down on med. low heat while stirring. Add rest of milk and cook on med. low heat-stirring constantly until candy thermometer reaches 238-240°. Pour into buttered pan. (I use rectangle glass baking pan) Chill. (Several hours, or overnight). Cut and wrap. Yield: 3-4#

Con-Terra Woman's Club Meets

Mrs. Wayne Matthew, President, presided over the regula monthly meeting of the Con-Terra Woman's Club, on Thursday night in the home of Mrs. Stacey Gray. Mrs. Cecil Tate assisted Mrs. Gray.

A film was shown, "Inside My Mom", obtained the National Health and Retardation Prevention Committee, which dealt with proper nutrition during pregnancy.

Mrs. David Porter and Mrs. Wiley Warriner were appointed delegater to the District Meeting in Danville. They will provide home baked cookies for the March of Dimes Walk-A-Thon to be held in Lynchburg, April 24. Each members will provide 2-3 dozen cookies for the walkers.

Mrs. Stacey Gray reminded us of the Concord Elementary School dinner that is to be served by us on Wed., April 7 at the school.

PAMPLIN ELMENTARY CAFETERIA MENU

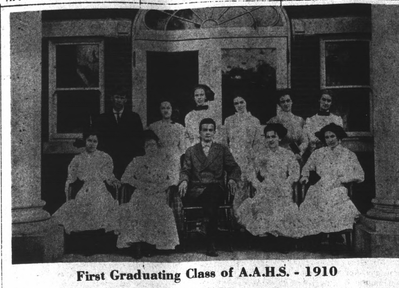
Mon., April 12 - Chili beans, tossed salad, potato chips, rolls, butter, milk.

Tues., April 13 - Chicken Noodle Soup, Cheese sandwich, cake square, fruit, milk

Wed., April 14 - Corn dogs, pinto beans, chilled tomatoes, gingerbread, milk.

Thurs., April 15 - Surf cakes, buttered corn & peas, apple sauce, biscuits, butter, milk.

Fri., April 16 - Easter ham, macaroni & cheese, green beans, Easter cake, rolls, butter, milk.



First Graduating Class of A.A.H.S. - 1910

The first graduating class of Appomattox Agricultural High School (1910) is shown in the photo above. The building was located at the site of the present Appomattox Middle School.

In the graduating class were, front row, left to right, Lynolee Atwood, Fannie Taylor (Mrs. Baker), James P. Gills, Annie Cheatham (Mrs. Simpson), and Grace Hancock; and on the back row, left to right, George Turnes, Jacqueline Atwood (Mrs. Newbill), Ethel Abbitt (Mrs. Jerry Burke), Louise Gills, Cabell Foster (Mrs. Claude Smith), Mary Hester Babcock (Mrs. F. L. Murphy).

Reports For Duty

Marine Corporal Jamie R. Bates, Jr., 19, son of Mr. and Mrs. Eugene Doyen of Appomattox, has reported for duty at the Marine Corps Air Station, Beaufort, S.C.

A 1974 graduate of Appomattox County High School, he joined the Marine Corps in June, 1974.

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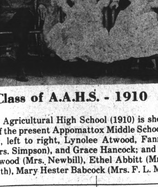

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MRS. JOHN ALEXANDER SPERRY
the former Miss Nanette Hedy Schaper

Wed In Evening Ceremony

The marriage of Miss Nanette Hedy Schaper to John Alexander Sperry took place Saturday evening, March 20, at Christ Lutheran Church, San Antonio, Texas.

The bride is the daughter of Mr. and Mrs. Jesse C. Schaper, San Antonio. The bridegroom is the son of Mr. and Mrs. Bill Sperry, of Appomattox.

The Rev. Harold W. Moench, officiated at the double ring ceremony.

The bride was escorted and given in marriage by her father.

Mrs. Edward E. Harrup, sister of the bridegroom, was matron of honor. Bridesmaids were Mrs. Jose M. Narvaiz and Mrs. Howard T. Walton, sisters of the bride.

Mr. Sperry was his son's best man and groomsmen were Edward E. Harrup and Don Thornhill, Jr.

Following the ceremony, the bride's parents entertained with a reception at the church.

After a wedding trip to New Orleans, the couple will live in Appomattox.

Shower Honors Miss Stanley

Miss Donna Stanley, bride-elect, was honored with a lingerie shower on Thursay, April 1, 1976 when Mrs. Ronald Gowin entertained at the Bible Baptist Church Fellowship Hall, in Appomattox.

Attending were Mrs. Thomas Stanley, mother of the bride; Mrs. Algie Almond, grandmother of the bride and friends and relatives of Miss Stanley.

The marriage of Miss Stanley to Mr. Jerry N. Small, of Trinity, North Carolina, will be an event of May 1, 1976 in Appomattox.

Mr. Small is the son of Mrs. Glenn V. Small of Trinity, North Carolina and the late Mr. Small.

Celebrated 80th Birthday

Mrs. Clara Garrett celebrated her 80th birthday, March 30, at a birthday luncheon in the home of her daughter, Mrs. Kenneth St. John. Co-hostesses for the occasion were Mrs. Toby Inge, and Mrs. Melvin Garrett. The tables were decorated with arrangements of yellow and white spring flowers. These colors were accented in the beautiful birthday cake served the guests.

Guests present were Mrs. Alice Jackson, Mrs. Florence Bartlett, Mrs. Christine Cralle, Mrs. Beatrice Garrett, Mrs. Mattie "Mott" Harvey, Mrs. Nanie Harvey, Mrs. Gladys Harvey, Mrs. Rebecca Shanks, Mrs. Henry Stanley, Mrs. R. T. Smith, Mrs. Edna Young and Mrs. Earl Harris. The honoree received many attractive and useful gifts.

Elementary PTA Meets Tuesday

The Appomattox Elementary School Parent-Teachers Association will meet Tuesday evening at 8 p.m., April 12, 1976, at the Elementary School. Following the business meeting those attending will enjoy a Student's Art and Science Fair with Miss Pam White, 6th grade teacher, in charge.

Included in the business meeting will be presentation of a slate of officers for the coming year. Mr. Robert Williamson, Principal, and Mr. Roland B. Murphy, PTA President, urge all teachers and patrons to attend. The Executive Committee will meet at 7 p.m. Tuesday evening.

Craft Demonstrations At Depot Saturday

The Historic Appomattox Station Arts and Crafts Center will have some of its members demonstrating their craft on Saturday, April 10 from 1 to 5 p.m. Demonstrations will be in the third room of the depot and will consist of quilling, basketry, quilting, making dough dolls, applehead dolls and bonnets.

Several of these craftsmen will also be demonstrating earlier from 9:30 a.m. to 11:00 a.m. on the concourse of the Appomattox High School where 4-H club members from 19 counties will be holding an Arts & Crafts contest.

We invite you to come and observe the craftsmen and also browse through the center.

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South Central District Holds Spring Meeting

The Federated Garden Clubs of Dannville hostad the spring meeting of South Central District, Virginia Federation of Garden Clubs, Inc., at Averett College in Danville on Wed., March 31 with Mrs. Robert Reed serving as General Chairman. A Coffee Hour preceded the morning business meeting.

This was a Bicentennial meeting and many of the ladies were dressed in colonial costume. The NJROTC Unit from George Washington High School advanced the colors and following the Pledge of Allegiance, Mrs. W. E. Finch, soloist, and Mr. Jerry Jones, accompanist, prevented a medley of patriotic music.

Dr. R. Lee Wayland, a chemist with Dan River Mills in Danville, presented a slide program on "Fun With Wildflowers" in the afternoon.

160 white pine seedlings were dedicated as "Liberty Trees" and one was presented to each member present.

Three members were presented State Life Memberships - Mrs. W. Thomas Hawkins who was honored by the Redbud Garden Club of Madison Heights; Mrs. L. M. Howard, honored by the Lee Jackson Club of Lynchburg and Mrs. R. E. Meadors honored by the Mary Summers Club of Danville.

The District voted a donation of $100.00 to "Operation Wildflowers" - a project of the VFGC for sewing wildflower seed on the roadsides of Virginia Highways. Also $100.00 was donated to Old Dominion Gardener - the state magazine of the Federation.

Mrs. Robert C. Reed of Danville was elected to serve as a trustee of Nature Camp - a conservation camp for youth and a project of the VFGC.

Mrs. Neal Shepherd of Lynchburg, Chairman, Mrs. Tucker Doye of Farmville and Mrs. W. E. Finch of Danville were elected to the nominating committee.

Mrs. W. Thomas Hawkins of Madison Heights, District Chairman of World Gardening presented certificates of appreciation to 43 clubs who had made contributions to this project.

Mrs. Kenneth C. Howell of Lynchburg, District Awards Chairman, presented the Awards at the luncheon. - 22 Senior Awards and 11 Junior Awards.

Mrs. James Beamer of Appomattox was the winner of the handmade "Living Rose" afghan made by the District President, Mrs. C. T. Moses, Jr. for a money making project.

Members attending from this area included Mrs. Reid Shields, Mrs. H. B. Martin, Mrs. C. T. Moses, Jr., and Miss Edith O'Brien of the Appomattox Garden Club and Dr. Mae Kelly and Jo Pratt of the Concord Garden Club.

Local Student Earns Honors

E. W. Paulette, the son of Mrs. Frances Paulette, and the late Emmett W. Paulette, was listed on the Honor Roll at Bluefield College for the 1976 Mid-Term.

Paulette is a liberal arts sophomore.

The Honor Roll comprises students receiving a grade point average of 3.5 or better.

Society News

IF YOU HAVE SOCIAL ITEMS
PLEASE CALL 352-8215

Visitors in the home of Mrs. C. W. Slayton, Sr. of Pamplin, was her son, C. W. Slayton, Jr., of Lynchburg and daughter, Mildred Dalton of Oxen Hill, Md. While here they attended the funeral of the uncle, Millard Slayton of Farmville.

Mr. and Mrs. W. C. Cyrus and La Donna of Virginia Beach, Va., have returned home after visiting in the home of her mother, Mrs. Alma C. Almond. Visitors in the same home during the week end included Mr. and Mrs. Bradley Rowles of Troutsville, Mr. Wayne Cyrus of Roanoke, and Mr. Ricky Moore, of Roanoke.

* * *

Mr. and Mrs. James H. Goodwin of Raleigh, N.C., have returned home after spending several days with their son - in- law, daughter, and granddaughter, Rev. and Mrs. Henry C. Riley and Ann.

* * *

Miss Joette Paulette is a patient in Virginia Baptist Hospital where she is receiving treatment.

* * *

Celebrates Birthday

Mr. and Mrs. Erman K. Austin, of Route 4, Appomattox, were honored with a surprise birthday supper given by their children on Saturday, March 27, at 7 p.m. at the home of their son and daughter-in-law, Mr. and Mrs. Erman J. Austin, of Concord.

In addition to their children and grandchildren, guests included were Mr. Frank Mosley, Mr. James Mosley of Concord, Mr. Wavely Mosley, of Spout Spring; Mr. Charlie Austin of Lynchburg, Mr. Emory Austin of Appomattox, Mr. Murray Austin of Concord and Mr. Lloyd Mosley.

On Dean's List

RADFORD - Two Appomattox area students were among those named to the Winter quarter Dean's List at Radford College.

Named were Deborah Jamerson and Susie McCormick.

A cumulative grade point average of 3.4 must be obtained to be named to the Dean's List.

Young Homemakers Schedule Meeting

The Young Homemakers Club will meet on April 8th at 7:30 p.m. at the Appomattox County High School in the Home Ec Department.

Guest speaker for the program will be Mr. Albert Carter.

Betty Jo Smith is hostess for this month.

All members are urged to be present.

BIRTHDAYS

Charlie R. Wootten April 11

Mr. and Mrs. Sam Joe Paulette of Halifax, Mr. and Mrs. Edd Moore of Charlotte County and Mrs. Glenn Elliott and daughter, Patty of Danville were Sunday guests of Misses Ora and Phylis Paulette.

* * *

Mrs. Mary C. Bagby has returned to her home after undergoing surgery in the Virginia Baptist Hospital.

* * *

Mr. and Mrs. E. R. Vanderspiegel, of Glen Rock, N.J., were visiting Mrs. Susie Griggs, Mrs. Vanderspiegel's mother, last week.

Mrs. Griggs is now suffering from a virus but is improving slowly.

* * *

Mrs. Esther Lee, of Hickory Grove, has returned home from the hospital and is recovering nicely.

* * *

Mr. Haywood Ferguson, of Germantown, Md., has returned to his home after spending some time last week in the home of his parents, Mr. and Mrs. Wade Ferguson. Also visiting in the same home on Saturday were Mr. Mark Ferguson, of Lynchburg, Mrs. Dorothy Garrett, Mrs. Florence Amos, Miss Sherry Williams, all of Appomattox. Dinner guests in the same home on Sunday were Mr. Tucker Ferguson, Mrs. Dorothy Garrett, Miss Sherry Williams of Appomattox, Mr. and Mrs. Ronald Cyrus of Rustburg. Visiting in the afternoon were Mr. Holmesy Ferguson, of Lynchburg, Mr. and Mrs. Charles McFadden, of Appomattox.

* * *

Mr. and Mrs. Steve Converse, of Burnamwood, Wisc., visited in the home of their niece, Mrs. Ida McCann and Davis Arthurs.

* * *

Recent guests in the home of Mrs. Ida McCann and Davis Arthurs were Mr. and Mrs. Archie McCann and Linda, Almond McCann, Frank McCann, Mrs. Elene Babb and sons, W. C. and Dean Elder, of Franklin, Va.

* * *

U.D.C. To Meet April 15

The Appomattox Chapter of the United Daughters of the Confederacy will meet Thursday, April 15 at 7:30 p.m. at the Farmers National Bank, Triangle Plaza Branch.

This will be an important meeting and all members are asked to attend.

Hostesses for this meeting will be Mrs. Wiley Morris, Mrs. Alton Moore, Mrs. C. A. Moore, Mrs. H. L. Wilkerson, Mrs. E. J. Hillsman, and Mrs. B. Curry Harvey.

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Bridal Shower

Miss Donna Stanley, whose marriage to Jerry N. Small will take place May 1 in Appomattox, was honored on March 25 with a bridal shower.

Hostesses for the party were Mrs. Beverly Phelps, Mrs. Shirley Bartley, Mrs. Ruth Story, and Mrs. Wanda Megginson.

Guests attending the party given at Babcock & Wilcox, the bride's place of employment, were the bride's mother, Mrs. Thomas Stanley of Appomattox; Mrs. Algie Almond of Appomattox, grandmother of the bride, and a group of friends of the couple.

Meeting Set To Plan 10th Reunion

There will be a meeting on Friday, April 16, 1976 at 7 p.m. to formulate plans for the 10th reunion of the Class of 1966.

The meeting will be held at the office of Falling River Realty Company in Appomattox.

All class members interested in taking an active part in the reunion plans are urged to attend.

Bridal Shower

Miss Donna Stanley, whose marriage to Jerry N. Small will take place May 1 in Appomattox, was honored on March 11 with a bridal shower.

Hostesses for the party were Mrs. Alice Thomas, aunt of the bride, and Mrs. Cindy Thomas.

Guests attending the party given in the Bible Baptist Church Fellowship Hall, were the bride's mother, Mrs. Thomas Stanley of Appomattox; Mrs. Algie Almond Almond of Appomattox, grandmother of the bride, and a group of friends and relatives of the couple.

Makes President's List

Pam Moore, a student at Blueridge Community College, Weyers Cave, achieved a 4.0 scholastic average for the second quarter made the President's List.

Pam, a Veterinary Technology student, is majoring in Animal Science.

She spent the week end here with her parents, Mr. and Mrs. James C. Moore. On Saturday afternoon she and her parents attended the Crews-Moore wedding in Madison Heights.

MISS ANDREWNETTE NANCE

Announce Engagement

The Rev. and Mrs. Andrew Nance of Baltimore have announced the engagement of their daughter, Miss Andrewnette Nance, to John Calvin Davis, son of Mr. and Mrs. Brawley Davis, of Turner Station, Md.

The bride-elect is a graduate of Edmondson High School and Coppin State College and a member of the Zeta Phi Beta Sorority Inc. She is a fourth grade teacher at George Washington Elementary School No. 22 in the Baltimore Public School System.

Her fiance is an employee of Western Electric Company and attends Coppin State College. An August wedding is planned.

She is also proud to be the great niece of Mr. and Mrs. Henry Canada of Concord, Virginia.

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